

Week 1 Fall Menu FY 12

Weeks of: 9-17-12, 10-15-12, 11-12-12, 12-10-12

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials.

Approved By: FOOM O. WWW, MS, RD, LO

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
ıst	Bread or Bread	Buttered Wheat				
kfa	Equivalent	Toast	Cold Cereal	Pancakes	Cold Cereal	Biscuits
Breakfast	Fruit, Vegetable, or					
l m	100% Juice	Fruit Cocktail	Grapefruit Juice	Applesauce	Bananas	Orange Juice
	Additional Food					
	(Optional)	Jelly				Sausage Gravy
1	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat	HM Macaroni &				
	or Meat Alternate	Cheese	Meatloaf	Breaded Chicken	Turkey Sloppy Joes	Fish Sticks
	Vegetable	Cooked fresh				
ch	or Fruit	Carrots	Peas	Tossed Salad	Green Beans	Tater Tots
Lunch	Vegetable		.	 		
-	or Fruit	Apple Wedges	Apricots	Orange Wedges	Pineapple Tidbits	Diced Peaches
	Bread	M. 'D.	·	., , ,	33 7 . D.	Whole Wheat
	or Bread Equivalent	Macaroni Pasta	Buttered Noodles	Hamburger Bun	White Rice	Dinner Roll
	Additional Food			77 . 1		
-	(Optional)			Ketchup		
	Choose 2 of these 4:	· · · · · · · · · · · · · · · · · · ·				
	Fluid Milk				Milk	
	Meat or Meat Alternate		Peanut Butter (SAS			
یر		Cottage Cheese	Add-In)	Melted Cheese		Cheese Cubes
Snack	Fruit, Vegetable, or		Bananas w/Vanilla	Baked Diced Potatoes	Fruit Cocktail (SAS	Grapes -halved for
Sn	100 % Juice	Crushed Pineapple	Pudding	Juice (SAS Add-In)	Add-In)	0-3 yrs
	Bread or Bread	Wheat Thins (SAS				Trail Mix (SAS
	Equivalent	Add-In)	Graham Crackers		Blueberry Muffin	Add-In)
	Additional Food			l		
	(Optional)	Water	Water	Water	Water	Water



Week 2 Fall Menu FY 12

Weeks of: 9-24-12, 10-22-12, 11-19-12, 12-17-12

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials.

Approved By: BOOK O. WED, MS, RD, LD

	Commonate	Manday	T1	XX - 1 1	Th1	Paidon
	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
Breakfast	Bread or Bread	<u> </u>		l	1	
akf	Alternate	Cheese Toast	Cold Cereal	Waffles	Cold Cereal	English Muffin
re	Fruit, Vegetable, or					
	Full Strength Juice	Diced Pears	Orange Juice	Bananas	Grape Juice	Diced Peaches
	Additional Food			i		
	(Optional)					Jelly
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat			Sweet & Sour	Grilled Ham &	
	or Meat Alt.	Chicken Alfredo	HM Beef Chili	Chicken	Cheese	HM Cheese Pizza
	Vegetable					
र्स	or Fruit	Broccoli	Kidney Beans	Green Beans	Tomato Soup	Tossed Salad
Lunch	Vegetable					
1	or Fruit	Orange Wedges	Apple Wedges	Pineapple Tidbits	Apple wedges	Mandarin Oranges
	Bread					
	or Bread Alt.	Linguine Pasta	Cornbread	White Rice	Wheat Bread	Bagels
	Additional Food					
	(Optional)					1
	Choose 2 of these 4:					
	Fluid Milk		Milk		Milk	
	Meat or Meat Alternate	Cheese Quesadilla		-		
		Salsa (SAS-In)				Yogurt
Snack	Fruit, Vegetable, or		Sweet Potato	Pineapple & Cream		
Sna	100 % Juice	Apple Juice	Wedges	Cheese		Fruit Cocktail
"	Bread or Bread	A.X		Saltines	HM Peanut Butter	Granola Bar (SAS-
	Equivalent			Rice Cakes (SAS-In)	Cookies	In)
	Additional Food		Water		Water	
	(Optional)	Water	Jello (SAS-In)	Water	Pudding (SAS-In)	Water



Week 3 Fall Menu FY 12

Weeks of: 10-1-12, 10-29-12, 11-26-12, 12-24-12

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials.

Approved By: Poly O. (NOO), MS, RO, LO

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
ıst	Bread or Bread					HM Pumpkin
Breakfast	Alternate	Cinnamon Toast	Cold Cereal	French Toast	Cold Cereal	Muffins
rea	Fruit, Vegetable, or	· · · · · · · · · · · · · · · · · · ·		-		
B	Full Strength Juice	Orange Wedges	Frozen Strawberries	Peaches	Bananas	Applesauce
	Additional Food					
	(Optional)					
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat	Ground Turkey-A-				
	or Meat Alt.	Roni	Ground Beef Tacos	Chicken Parmesan	Baked Turkey Slices	HM Cheese Pizza
1	Vegetable					
ch	or Fruit	Mixed Vegetables	HM Tomato Salsa	Peas	Broccoli	Green Beans
Lunch	Vegetable				l	
-	or Fruit	Diced Pears	Mandarin Oranges	Apple Wedges	Ambrosia	Orange Wedges
	Bread	. N. C	377 '4 'D'	a 1: D 1	l cu co	T. 1' 1 N C''
	or Bread Alt.	Macaroni	White Rice	Garlic Bread	Stuffing	English Muffin
	Additional Food		01 11. 1 01	·	C	
	(Optional)		Shredded Cheese		Gravy	<u> </u>
	Choose 2 of these 4:		3 (11)		3 (1)	
	Fluid Milk		Milk	77 011	Milk	
	Meat or Meat Alternate		•	Ham Slices		
				Cheese Slices (SAS	Cheese Cubes	
Ä	Emit Vacatable on			Add-In)	Cheese Cubes	Change halved for
Snack	Fruit, Vegetable, or 100 % Juice	Pineapple Juice	Apples (SAS Add- In)		Vegetable Platter	Grapes - halved for 0-3 yrs
S	Bread or Bread	i incappie suice	ш)		Saltines (SAS Add-	0-2 A12
	Equivalent	Garlic Bread Sticks	PB&J Sandwich	Ritz Crackers	In)	Rice Krispie Treats
	Additional Food	Water	Water	Water	Dip/Water	Water
	(Optional)	Marinara Sauce			F	Jello (SAS Add-In)
	· · · · · · · · · · · · · · · · · · ·	(SAS Add-In)				



Week 4 Fall Menu FY 12

Weeks of: 10-8-12, 11-5-12, 12-3-12, 12-31-12

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials.

Approved By: Parall Q. Wen, MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
ıst	Bread or Bread	Whole Wheat Toast				
Breakfast	Alternate	w/peanut butter	Cold Cereal	Oatmeal	Cold Cereal	Bagel
res	Fruit, Vegetable, or					
	Full Strength Juice	Bananas	Diced Peaches	Orange Wedges	Grape Juice	Fruit Cocktail
	Additional Food					
	(Optional)					Cream Cheese
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat	Meat Ravioli				
	or Meat Alt.	w/Meat Sauce	Pork Tenderloin	Barbeque Chicken	Roast Beef & Cheese	HM Cheese Pizza
	Vegetable	 				
ch	or Fruit	Zucchini	Baked Beans	Corn	Vegetable Soup	Broccoli
Lunch	Vegetable or Fruit	Diced Pears	Orange Wedges	Sliced Sweet Potatoes	Apple Wedges	Pineapple Tidbits
	Bread	Diceu reals	Orange wedges	Siliced Sweet Polatoes	Apple wedges	r meapple ridons
	or Bread Alt.	Ravioli	Dinner Roll	Breadsticks	Wheat Bread	Pizza Crust
	Additional Food					
	(Optional)					
	Choose 2 of these 4:					
	Fluid Milk		Milk		Milk	
	Meat or Meat Alternate	Melted Cheese				
		(SAS Add-In)		Yogurt		Melted Cheese
	Fruit, Vegetable, or					Baked Potato
Snack	100 % Juice		Warm Cinnamon	Diced Peaches (SAS		Broccoli (SAS Add-
Sn		Orange Juice	Apples	Add-In)		In)
	Bread or Bread		Graham Crackers			
	Equivalent	Soft Pretzels	(SAS Add-In)	Vanilla Wafers	HM Brownie	
	Additional Food	Water			Water	
	(Optional)	Water	Water	Water	Pudding (SAS Add- In)	Water
			water	water	ш)	water



Week 1 Spring/Summer Menu FY 12

Weeks of: 4/30/12, 5/28/12, 6/25/12, 7/23/12, 8/20/12

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials.

Approved By: POW C. Men, MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread		Pancakes	English Muffin	Cold Cereal	Cold Cereal
fas	Equivalent	Cold Cereal	Cold Cereal (SAS	Cold Cereal (SAS	Yogurt w/Granola	Raisin Toast
Breakfast		Bagels (SAS Add-In)	Add-In)	Add-In)	(SAS Add-In)	(SAS Add-In)
μ̈́	Fruit, Vegetable, or					
	100% Juice	Blueberries	Applesauce	Mandarin Oranges	Strawberries	Bananas
	Additional Food		G			
	(Optional)	3.691	Syrup	2.011		1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alternate			Beef Hot Dogs (SAS) Pork Tenderloin	Ham & Cheese	HM Mozzerella
	or Meat Atternate	Ground Turkey Sauce	BBQ Chicken	(CDC)	Sandwich	Cheese Pizza
	Vegetable	Oromid Turkey Sauce	DDQ CIIICKEII	(CDC)	Cooked Carrots	Cheese i izza
ے	or Fruit	Eggplant	Cooked Broccoli	Baked Beans	(CDC)	Corn
Lunch	Vegetable	_88 <u>k</u>	210000		(020)	
1	or Fruit	Nectarines	Cantaloupe	Watermelon	Apples	Fresh Fruit Salad
ł	Bread		<u> </u>	Hot Dog Bun		
1	or Bread Equivalent			(SAS)/Whole Wheat		
1		Baked Ziti	White Rice	Dinner Roll (CDC)	Potato Bread	English Muffin
	Additional Food				LT/Oranges/Chips	
					(SAS)	
1	Choose 2 of these 4:					
1	Fluid Milk	Milk		Milk		
	Meat or Meat Alternate	Cheese				Yogurt
첫	Fruit, Vegetable, or	Salsa & Sour Cream	<u></u>	Pineapple Cream	1000/ 1 7 1	
Snack	100 % Juice	(SAS Add-In)	Bananas	Cheese (SAS Add-In)	100% Apple Juice	Frozen Cherries
1	Bread or Bread Equivalent	Flour Tortillas	Graham Crackers	Vanilla Wafers	Goldfish Crackers	Granola Bar (SAS
	Additional Food	Flour Tortillas	Water	vaiiilla waters	Goldlish Crackers	Add-In)
1	(Optional)	Water	Pudding (SAS)	Water	Water	Water



Week 2 Spring/Summer Menu FY 12

Weeks of: 5/7/12, 6/4/12, 7/2/12, 7/30/12, 8/27/12

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials.

Approved By: Back C. Swess, MS, RO, LO

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
Breakfast	Bread or Bread Alternate	Cold Cereal Bagels (SAS Add- In)	French Toast Cold Cereal (SAS Add-In)	Whole Wheat Toast Cold Cereal (SAS Add-In)	Cold Cereal Yogurt w/Granola (SAS Add-In)	Cold Cereal English Muffin (SAS Add-In)
Bre	Fruit, Vegetable, or Full Strength Juice Additional Food	Honeydew	Diced Peaches	Fruit Cocktail	Orange Juice	Bananas
	(Optional)		Syrup	Jelly		
- 3	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alt.	HM Macaroni & Cheese	Chicken Soft Taco	Beef Sloppy Joes	Bologna & Cheese Sandwich	Fish Sticks
h.	Vegetable or Fruit	Zucchini	Tomato/Cucumber Salad	Green Bean Salad	Mixed Greens Salad(CDC)	Peas
Lunch	Vegetable or Fruit	Diced Pears	Pineapple	Orange Wedges	Apples	Fresh Fruit Salad
	Bread or Bread Alt.	Macaroni	Flour Tortilla	Hamburger Bun	Wheat Bread	Hush Puppies
	Additional Food		Shredded Cheese		LT/Oranges/Chips (SAS Add-In)	
	Choose 2 of these 4:			s large p		
	Fluid Milk		Milk			
	Meat or Meat Alternate			Yogurt	Peanut Butter	
Snack	Fruit, Vegetable, or 100 % Juice	100% Grape Juice Fruit Bowl (SAS Add-In)	Cinnamon Apples Celery with Peanut Butter (SAS Add-In)	Fresh Fruit Topping		Purple Cow Shake
Sr	Bread or Bread Equivalent	Pierogies		Graham Crackers (SAS Add-In)	Ritz Crackers	Animal Crackers Trail Mix (SAS Add-In)
	Additional Food Optional	Water	Water	Water	Water	Water



Week 3 Spring/Summer Menu FY 12

Weeks of: 5/14/12, 6/11/12, //9/12, 8/6/12, 9/3/12

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials.

Approved By: Back Colons, ms, RD, LO

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
4	Bread or Bread	Cold Cereal	Waffles	HM Muffins	Cold Cereal	Cold Cereal
fas	Alternate	Bagels (SAS Add-	Cold Cereal (SAS	Cold Cereal (SAS	Yogurt w/Granola	English Muffin
Breakfast		In)	Add-In)	Add-In)	(SAS Add-In)	(SAS Add-In)
Br	Fruit, Vegetable, or					
	Full Strength Juice	Halved Grapes	Fresh Peaches	Apricots	Mandarin Oranges	Bananas
	Additional Food		l _			
	(Optional)		Syrup			
	Fluid Milk	Milk	Milk	Milk	Milk .	Milk
	Meat	Ground Turkey-a-		 		., ., .,
	or Meat Alt.	Roni Sauce	Caesar Chicken	Sausage Patty	Turkey/Cheese Sand.	Mozz. Cheese Pizza
	Vegetable	C11 D1	D . T			T 1011
Lunch	or Fruit	Cooked Broccoli	Romaine Lettuce	Cucumber Salad	Cole Slaw (CDC)	Tossed Salad
La	Vegetable or Fruit	Mandarin Oranges	Cantaloupe	Watermelon	Ammios	Fresh Fruit Salad
	Bread	Mandariii Oranges	Cantaloupe	Watermelon	Apples	riesii riuit Saiau
	or Bread Alt.	Elbow Macaroni	Bread Sticks	Hamburger Bun	Seedless Rye Bread	French Bread
	Additional Food		Elbow Mac		LT/Oranges/Chips	
		Dinner Roll	(Inf/Tods)		(SAS)	
	Choose 2 of these 4:					
	Fluid Milk		Milk	Milk		Milk
	Meat or Meat Alternate	Cheese Dip (SAS				
		Add-In)		Peach Yogurt	Cheesesticks	
농	Fruit, Vegetable, or					
Snack	100 % Juice	100% Orange Juice		Control Control	Veggie Sticks & Dip	
	Bread or Bread	0.00 / 1	. .	Animal Crackers		
	Equivalent	Soft Pretzels	Brownie	(SAS Add-In)		Graham S'Mores
	Additional Food		Water			Water
	(Optional)	Water	Ice Cream (SAS Add-In)	Water	Water	Ice Pops (SAS Add- In)
		vv alci	Adu-III)	vv atet	water	шу



Week 4 Spring/Summer Menu

FY 12

Weeks of: 5/21/12, 6/18/12, //16/12, 8/13/12, 9/10/12

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials.

Approved By: BUCK C. CWEN, MS, RO, LC

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
Breakfast	Bread or Bread Alternate	Cold Cereal Bagels (SAS Add- In)	French Toast Cold Cereal (SAS Add-In)	Bagels Cold Cereal (SAS Add-In)	Cold Cereal Yogurt w/Granola (SAS Add-In)	Cold Cereal English Muffin (SAS Add-In)
Bre	Fruit, Vegetable, or Full Strength Juice Additional Food	Nectarines	Applesauce	Fruit Cocktail	Cantaloupe	Bananas
	(Optional)		Syrup	Jelly		
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alt.	Turkey Spaghetti Sauce	Breaded Chicken Breast	Beef Cheeseburgers	PB Jelly & String Cheese	Turkey Chili
ıch	Vegetable or Fruit	Green Beans	Cooked Cauliflower	Red Potato Salad	Carrots & Celery	Kidney Beans
Lunch	Vegetable or Fruit	Apricots	Fresh Peaches	Pineapples	Apples	Fresh Fruit Salad
	Bread or Bread Alt.	Spaghetti	Macaroni Salad	Hamburger Bun	White Bread	Cornbread
	Additional Food (Optional)	Garlic Bread			Ranch Dip & Chips (SAS)	×
	Choose 2 of these 4:					
	Fluid Milk	Milk			Milk	Milk
	Meat or Meat Alternate			Yogurt		Peanut Butter, Raisins
Snack	Fruit, Vegetable, or 100 % Juice	Homemade Banana Bread	100% Grape Juice	100% Apple Juice Bananas (SAS Add- In)		
	Bread or Bread Equivalent		Saltines/Cheese Dip		Chocolate Chip Cookies	Happy Face Rice Cakes
	Additional Food (Optional)	Water Vanilla Pudding (SAS Add- In)	Water Nachos & Taco Dip (SAS Add-In)	Water	Water	Water Saltines (SAS)



Week 1 Winter Menu FY 12

Weeks of: 1/9/12, 2/6/12, 3/5/12, 4/2/12

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials.

Approved By: Para Ca. Men ms, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
Breakfast	Bread or Bread Alternate	Oatmeal	Raisin Toast w/butter (no raisins CDC)	Pancakes	English Muffin	Cheerios
Bre	Fruit, Vegetable, or Full Strength Juice	Diced Peaches	Pears	Strawberries	Mandarin Oranges	100% Grape Juice
	Additional Food (Optional)			Syrup	Jelly	
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alt.	Meat Sauce (beef)	Ham Steak	Breaded Chicken	Taco Salad (beef)	Tuna Salad
h	Vegetable or Fruit	Zucchini	Mashed Potatoes	Green Beans	Lettuce, Salsa	Cucumber Salad
Lunch	Vegetable or Fruit	Apricots	Pineapple Tidbits	Fruit Cocktail	Apple Wedges	Orange Wedges
	Bread or Bread Alt.	Spaghetti	Dinner Roll	Whole Wheat Roll	White Rice	Saltines
	Additional Food (Optional)	Garlic Bread	-	~	Shredded cheese	
	Choose 2 of these 4:					
	Fluid Milk		Milk	Milk	Milk	
Snack	Fruit, Vegetable, or Full Strength Juice	100% Apple Juice	Vegetable Sticks (SAS Add-In)	French Fries	Banana Smoothie (SAS Add-In)	Fresh Fruit Mix (SAS Add-In)
Sne	Bread or Bread Alt.	Soft Pretzel			Graham Crackers	Vanilla Wafers
	Meat or Meat Alt.	Cheese Dip (SAS Add-In)	Cheese cubes	Breaded Chicken fingers (SAS Add-In)		Yogurt



Week 2 Winter Menu FY 12

Weeks of: 1/16/12, 2/13/12, 3/12/12, 4/9/12

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials.

Approved By: PS Q O. CMOD, MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
ıst	Bread or Bread	Cream of Wheat	Waffles	Grits w/cheese	Whole Wheat Toast	Rice Krispies Cereal
Breakfast	Alternate					
rea	Fruit, Vegetable, or	Orange Wedges	Applesauce	Fruit Cocktail	Banana's	100% Apple Juice
Щ Щ	Full Strength Juice					
	Additional Food		Syrup		Jelly	
	(Optional)					
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat	Cheeseburger Patties	Chicken & Biscuits	Fish Sticks	Meatloaf	Ham and Swiss
	or Meat Alt.					Wrap
	Vegetable	Roasted Red	Corn	Broccoli	Peas/Carrots	Cole Slaw
ch	or Fruit	Potatoes				
Lunch	Vegetable	Pears	Mandarin Oranges	Apple Wedges	Apricots	Diced Peaches
	or Fruit					
	Bread	Hamburger bun	Biscuit	Whole Wheat Roll	Buttered Noodles	Flour Tortilla
1	or Bread Alt.				:	
	Additional Food					
	(Optional)					
	Choose 2 of these 4:					
	Fluid Milk		Milk		Milk	Milk
J	Fruit, Vegetable, or	100% Grape Juice		Pineapple Tidbits	Apple Wedges	Fresh Fruit Mix
Snack	Full Strength Juice					(SAS Add-In)
Sn	Bread	Ritz Crackers	Fresh Baked	Vanilla Wafers		Cheese Toast
	or Bread Alt.		Oatmeal Cookies	(SAS Add-In)		
	Meat	Egg Salad	Yogurt	Cottage Cheese	Peanut Butter	
	or Meat Alt.		(SAS Add-In)	_	(SAS Add-in)	



Week 3 Winter Menu FY 12

Weeks of: 1/23/12, 2/20/12, 3/19/12, 4/16/12

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials.

Approved By: Paga C. Web, MS, RD, LO

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
ıst	Bread or Bread	Bagels	Strawberry Muffin	Cream of Wheat	Cinnamon Toast	Crispix Cereal
kf.	Alternate					
Breakfast	Fruit, Vegetable, or	Fruit Cocktail	Applesauce	Orange Wedges	Fresh Pears	Bananas
"	Full Strength Juice					
	Additional Food	Jelly				
	(Optional)		2 6111	1		
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat	Meat Sauce	Teriyaki Chicken	Pork Tenderloin	Homemade Beef	HM Macaroni &
	or Meat Alt.		G.: 7	<u> </u>	Stew	Cheese
	Vegetable	Asparagus	Stir Fry Vegetable	Baked Beans	Potatoes, Carrots,	Tomato Salad
)ch	or Fruit	A1 - 337 - 1	Mix	D 1	Celery	D
Lunch	Vegetable or Fruit	Apple Wedges	Mandarin Oranges	Peaches	Pears	Pears
	Bread	Baked Ziti	White Rice	D' D-11	D 1-4:-1	110
	or Bread Alt.	Baked Ziti	white Rice	Dinner Roll	Breadsticks	Macaroni
	Additional Food					
	(Optional)					
-	Choose 2 of these 4:		 			
	Fluid Milk		Milk	1000/ Apple Inice	1000/ Orongo Tuico	Milk
		1000/ Crone Inice	 	100% Apple Juice	100% Orange Juice	
I	Fruit, Vegetable, or Full Strength Juice	100% Grape Juice	Grapes (SAS Add-In)		String Cheese	Apple Slices w/Cinnamon
Snack	Bread	Corn Muffins	Rice Cakes	Pasta Salad	Beef Stew	HM Macaroni &
Sn	or Bread Alt.	Com Municis	Rice Cakes	rasta Salau	(SAS Add-In)	Cheese (SAS Add-
	or Bread 711t.				(SAS Add-III)	In)
	Meat	Beef Chili		Beef Hot Dog & Bun		
	or Meat Alt.	(SAS Add-In)		(SAS Add-In)		



Week 4 Winter Menu FY 12

Weeks of: 1/30/12, 2/27/12, 3/26/12, 4/23/12

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials.

Approved By: Payalla . Wen, MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
ıst	Bread or Bread	Whole Wheat Toast	Biscuits	Cheerios	French Toast	Chex Cereal
Breakfast	Alternate					
res	Fruit, Vegetable, or	Fruit Cocktail	100% Orange Juice	Apricots	Mandarin Oranges	Bananas
^m	Full Strength Juice					
	Additional Food	Jelly	Sausage Gravy			
	(Optional)					
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat	Cheese Pizza	Baked Turkey	Meatballs with	Homemade Chicken	Grilled Ham and
:	or Meat Alt.			Tomato Sauce	Noodle Soup	Cheese Sandwich
	Vegetable	Broccoli	Sweet Potatoes	Green Beans	Tossed Salad	Cooked Carrots
ch	or Fruit					
Lunch	Vegetable	Peaches	Grapes, sliced in half	Pineapple Tidbits	Pears	Applesauce
	or Fruit	D: 0	n. n			
	Bread	Pizza Crust	Dinner Roll	Whole Wheat Roll	Noodles	Sliced White Bread
	or Bread Alt.					
	Additional Food					
	(Optional)				<u> </u>	
	Choose 2 of these 4:					
	Fluid Milk		Milk	Milk		Milk
يدا	Fruit, Vegetable, or	100% Apple Juice			100% Grape Juice	Fresh Fruit Mix
Snack	Full Strength Juice					
Si	Bread	Breadsticks	Apple Wedges	Baked Potato	Banana Bread	Cheese Quesadillas
	or Bread Alt.	w/spaghetti sauce	D	3.6 10.01 . 11	77 11 75 11	(SAS Add-In)
	Meat	Parmesan Cheese	Peanut Butter	Meatballs	Vanilla Pudding	
	or Meat Alt.	(SAS Add-In)	(SAS Add-In)	(SAS Add-In)	(SAS Add-In)	